

# Hospital AFFILIATIONS

Dr. Bonefas currently has privileges at the following facilities:

- St. Joseph Medical Center
- Park Plaza Hospital
- MedCenter Ambulatory Surgery
- Ben Taub General Hospital
- University General Hospital
- Memorial Hermann Southwest Hospital



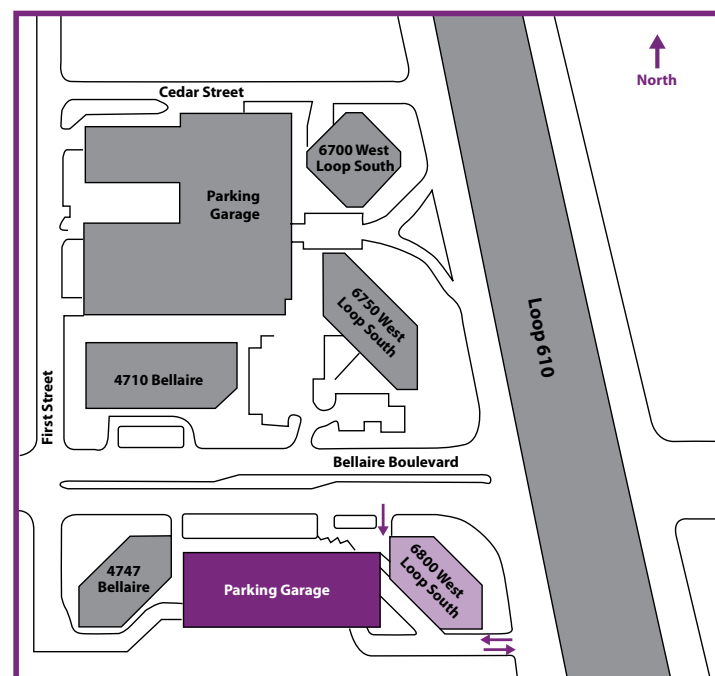
*Elizabeth Bonefas, M.D., P.A.*  
General Surgery and Diseases of the Breast

6800 West Loop South, Suite 520  
Bellaire, Texas 77401  
In the Prosperity Bank Building

**Office Hours:**  
Monday through Friday from 9 a.m. to 5 p.m.

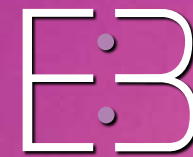
**Phone: 713-756-8555**  
**Fax: 713-756-8305**

[www.breasthealthouston.com](http://www.breasthealthouston.com)



*“She explained all of my options without pushing me in one direction or another. She gave me all the information I needed to make a very informed decision.”*

– Esther Short



*Elizabeth Bonefas, M.D., P.A.*  
General Surgery and Diseases of the Breast



6800 West Loop South  
Suite 520  
Bellaire, Texas 77401

713-756-8555

[www.breasthealthouston.com](http://www.breasthealthouston.com)

# About ELIZABETH BONEFAS, M.D., F.A.C.S.

Dr. Elizabeth Bonefas is a board certified general surgeon who specializes in diseases of the breast. She is experienced in many types of treatment options including in-office breast ultrasounds, image-guided biopsies (aspirations and needle-core), vacuum-assisted biopsies, balloon and brachytherapy radiation devices, cryoablation, and all types of mastectomies. She is also one of the few women surgeons in the area certified in many of the newer breast biopsy procedures.

Dr. Bonefas began her private practice in 1989 after earning her medical degree from the University of Texas Medical School in San Antonio. She completed her internship and residency in general surgery at St. Joseph Hospital in Houston. Dr. Bonefas is an Assistant Professor for Baylor College of Medicine and a Clinical Assistant Professor for the University of Texas Medical Branch Residency Program at St. Joseph Medical Center.

Dr. Bonefas is certified by the American Board of Surgery and is a Fellow of the American College of Surgeons. She is also a member of the American Society of Breast Surgeons, American College of Surgeons - South Texas Chapter, the Houston Surgical Society, Texas Medical Association and Harris County Medical Society.

*“My mother was treated by Dr. Bonefas and I knew from that experience what a great physician she was. When I was diagnosed, I knew that she was the one I wanted treating me.”*

– Janet Lancelin

# Breast PROCEDURES

## IN OFFICE:

All in-office procedures are done under local anesthesia and most women can return to work the next day and resume normal activity. These procedures are minimally invasive. All biopsies are sent to pathology for accurate diagnosis with results usually within 48 hours.

### *Breast Ultrasound:*

Ultrasound uses soundwaves or sonography to visualize breast tissue including breast tissue abnormalities, such as cysts or lumps. Ultrasound is used when performing image-guided breast biopsies if the doctor cannot feel the lump. Ultrasound is a non-invasive procedure and does not require any special preparation.

### *Needle Biopsy:*

When a lump can be felt, a needle biopsy may be performed. Fine needle aspiration uses a needle to draw cells and/or fluid from the lump. Core needle biopsy uses a larger needle that takes samples of breast tissue.

### *Vacuum-Assisted Biopsy:*

This technique that can be done in the office instead of the operating room. This breast biopsy procedure uses a special vacuum-assisted probe to collect tissue samples. The procedure takes less than one hour and only requires a small incision about 1/4 of an inch or the size of a pencil eraser. A marker may be placed at the biopsy site to identify the area for future mammograms or for surgery if the lump is malignant. Results are as accurate as a surgical biopsy. You are able to drive yourself home and return to work the next day.

### *Balloon and Brachytherapy Radiation Devices:*

This is a new accelerated partial breast radiation therapy technique which is appropriate for selected patients undergoing lumpectomy for breast cancer. After lumpectomy, a balloon is placed in the lumpectomy site cavity. The radiation will be placed by your oncologist. Radiation therapy can be completed in 4-6 days instead of the traditional 4-6 weeks and requires no body markings.

### *Stereotactic Biopsy:*

This technique uses x-ray to locate and biopsy the area of calcification seen on a mammogram but not traditionally found as a lump. Several core samples are taken of the area by using a core needle or vacuum-assisted probe biopsy. This may be scheduled at an imaging facility.

### *Cryoablation:*

Cryoablation is a procedure for breast fibroadenomas. This is a non-surgical method of eradicating tumors without compromising the shape and size of the breast. A small probe is inserted leaving no visible scarring. This procedure requires local anesthesia and patients can return to normal activities the same day.

### *Breast Cancer Genetic Testing:*

Knowing your risk of breast cancer can help you and Dr. Bonefas make better decisions about your health. People with certain factors in their family and personal history may benefit from different types of genetic testing. Check out our web site at [www.BreastHealthHouston.com](http://www.BreastHealthHouston.com) to find out information on the different kinds of genetic testing available.

## BREAST SURGERIES:

Breast cancer surgeries are done under general anesthesia and usually require two to three hours. You may usually go home the same day of your surgery, but will need a designated driver.

### *Excisional Breast Biopsy:*

This biopsy includes surgical removal of the entire lump and microscopic evaluation of the tissue. If a rim of normal tissue is taken all the way around the lump, it is called a lumpectomy, and then the biopsy can serve as part of the cancer treatment (removal of the cancerous tumor). This is sometimes done with needle wire localization and x-ray. A wire is placed into the area to be biopsied. X-ray

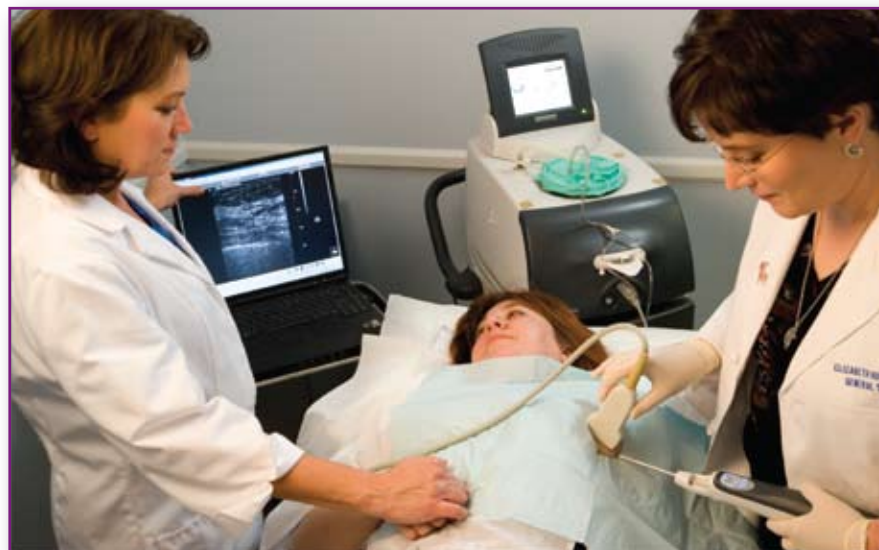
confirms proper placement. The wire then serves as a guide to locate the abnormal tissue to be removed.

### *Phantom Biopsy:*

This is a new, innovative ultrasound-guided soft tissue excision device that utilizes a unique RF-powered loop. This procedure is intended to facilitate precise tissue removal while significantly reducing procedure time and improving cosmetic outcomes.

*“Dr. Bonefas is a compassionate, caring, talented and approachable physician. In a critical situation, I knew I had a highly experienced team who really cared about me.”*

– Suzanne Borda



### *Simple Mastectomy:*

This procedure is done in the operating room as an outpatient procedure. It includes the complete removal of the breast tissue without removal of any lymph nodes.

### *Partial or Segmental Mastectomy:*

This procedure includes the complete removal of the tumor and a larger portion of surrounding breast tissue. This is considered a breast conserving surgery.

### *Modified Radical Mastectomy:*

This surgical procedure includes the removal of the breast tissue as well as all of the axillary lymph nodes. This procedure can be followed by immediate breast reconstruction which is performed by a plastic surgeon and may require hospitalization.

### *Sentinal Lymph Node Biopsy:*

This newer technique is a method in which the sentinel node, or the “first node” that a tumor would spread to if it is going to spread, can be identified with a radioactive tracer or blue dye. The tracer travels the same path to the lymph nodes that the cancer would follow. Dr. Bonefas can then biopsy the most likely node(s) to be positive for cancer.

### *Portacath:*

A portacath is intravenous access which is placed so that chemotherapy can be safely administered. It is placed near the collar bone into a large vein.

